

A Message from the City Manager

Did you know that the City of Hendersonville is a leader in local government wellness programs?

Did you know that some employees no longer have to take prescription medicine because they are being more active?

Did you know that we care about your well-being?

Thanks to modern medicine, life expectancy for Americans has continued to increase. How much we enjoy these additional years, however, depends greatly on how we live our lives today. If our quality of life is to remain high so that we can fully enjoy these extra years, we must practice good eating habits, be active and refrain from using tobacco products.

Furthermore, most adults spend more of their waking hours at work than anywhere else, making it a prime venue for promoting healthful habits. Thanks to our wellness program "Taking Shape", we have the opportunity to make a positive impact on our health and be rewarded for our efforts. Take a moment and read over the program details. I encourage you to consider joining me in staying healthy so that we will fully enjoy our extra years.

John Connet,
City Manager

The Wellness Committee operates as part of Human Resources in City Hall.

Wellness Committee

Jennifer Harrell (HR)

Josh Hoard (PW)

Monica Howard (PD)

Amy Knight (Legal)

Tammy Ledford (PW)

Ricky Levi (We&S)

Brendan Shanahan (Eng)

Terri Swann (DAD)

Justin Ward (FD)

Lu Ann Welter, HR Coordinator
145 Fifth Avenue East
828-233-3204
lwelter@hvlnc.gov

Mission Stay Well. Stay Connected site:
<https://wellconnectwnc.org>

The Wellness Committee also plans



the annual family picnic,

5K Turkey Trot,



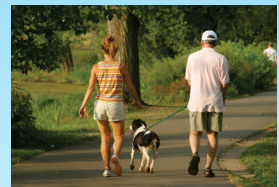
and benefits fair.



City of
Hendersonville



TAKING SHAPE WELLNESS PROGRAM



Our Wellness Mission

To encourage and support a culture of wellness that engages our work-force and improves the health and well-being of our employees.

OVERVIEW

The City's Wellness Program, *Taking Shape*, is designed to get employees active by encouraging fitness, preventive measures, education and volunteer opportunities. The City has partnered with Mission Health to provide the technical support for our program. This brochure provides important information on how to participate in the program by earning points to receive quarterly wellness incentives.

To join the program:

- ~ complete the Account Form and return it to the HR Coordinator,
- ~ after receiving a Welcome e-mail, set up your account and complete the Personal Health Assessment,
- ~ obtain either a FitLinxx Pebble or Fitbit,
- ~ activate your device on your account, and
- ~ start earning points.

(To be eligible for enrollment, you must be eligible for the City's Health and Dental Insurance or be a permanent part-time employee.)

GOALS

You will track your earned points on your webpage at <https://wellconnectwnc.org>.

200 points quarterly ~ earns \$150

150 points quarterly ~ earns \$125

(If you are interested in receiving vacation time instead of the money, contact the HR Coordinator.)



EARNING POINTS

Except for the steps, food log, and wellness classes, you will need to self-report your points. Once you have added these to your webpage, send a verification (receipt, gym log, office visit report, etc) to the HR Coordinator.

SAMPLE POINTS

1 point per 2000 steps

1 point per daily food log

25 points ~ 12 monthly visits to the gym

15 points ~ City Wellness Class

15 points ~ CPR certification or recertification

15 points ~ quarterly for donating blood

10 points ~ volunteering at City event

10 points ~ quarterly for distance race (5K or longer)

50 points ~ annual physical

10 points ~ per dental cleaning

See EARN REWARDS for more points.

TOBACCO CESSATION PROGRAM

If you use tobacco products, the single most important thing you can do to improve your health is to quit smoking/using smokeless tobacco products. Cancers, diabetes, heart disease, high blood pressure, delayed wound healing, and many other health problems can be linked to nicotine addiction.

If you are trying to kick the habit and need help with medication, nicotine patches, or other physician approved programs, the City will provide a one-time reimbursement of \$75 to help you kick the habit.

DEVICES

The **FitLinxx Pebble** can be purchased from the HR Coordinator for \$35.



To activate your pebble:

- Click on the pebble icon on your webpage,
- enter the 14 digit Serial Number,
- place device on shoe, then
- talk a five minute walk to activate.

To replace the battery:

- rotate the back off the device,
- take out the battery,
- let the device sit empty for a minute,
- slip the new battery under the small silver, metal clip and
- rotate the back into place.

Be sure the holding clip (on the back) is secure and in the right place. Free batteries are available.

There is a Mobile App (see Mission website).



The **Fitbit** is a device that can be worn on the wrist and tracks continuous heart rate, all-day activity stats and sleep.

You activate it the same as the Pebble above.

The easiest way to download your Fitbit is to have the App on your smart phone. This can be downloaded in the Google Play store or the iPhone App store. Just touch the icon on your phone and the device will sync and auto upload to the Cerner page to give you the points.

The Fitbit can be purchased at Wal-Mart, Sam's, Amazon, etc.